

BASIC SELF-MANAGEMENT EDUCATION – ROUTINE VISITS PEDIATRIC PATIENTS

	Date	Comments – Update Yearly for All
Lifestyle review: (tobacco, alcohol, stress, depression, birth control, pre-pregnancy counseling, physical activity)		
Sick day management & Urine ketone testing		
Medication administration		
Self blood glucose monitoring		
Hypoglycemia treatment		80-180 mg/dl pre-meals; ≤200 mg/dl at bedtime
Nutrition management		
Foot care (separate sheet)		
Eye Care (separate sheet)		
Dental Care (separate sheet)		
Nephropathy		
Neuropathy		
Hypertension (high blood pressure)		
Dyslipidemia		
Formal Self-Management Diabetes Education		